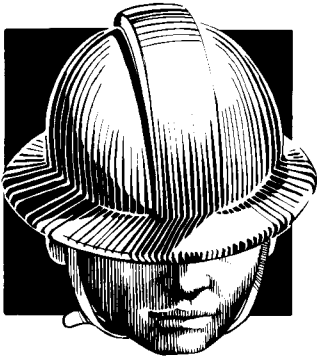


CHOOSING AND USING PROTECTIVE HEADWEAR

Hard Hats, Bump Caps, And Hair Covers



A full-brimmed hard hat protects against blows to the entire head, neck, and shoulders.



A visored hard hat (front-brim only) is often used when working in confined spaces.



Bump caps are used in confined spaces where there are no serious head hazards.



Hair covers help prevent hair from becoming caught in moving machine parts.

Head injuries may not be the most commonly-reported industrial accident, but they are by far among the most devastating. One serious blow to the head can leave an otherwise strong and healthy person permanently brain-damaged or disabled for life. All of us know the importance of wearing head protection on the job, but it's equally important to select and wear the *right* hat for the specific hazards you face. The following is a guide to the most common types of protective headwear and the types of hazards they can guard against.

Hard Hats

As their name suggests, the outer shell of these hats are made of rigid, impact-resistant, non-flammable materials such as fiberglass and thermoplastics. The shell is held on your head by a network of straps and harnesses: *crown straps* which fit over the head itself and cushion impact; an *adjustable headband* that secures the hat to your head; and *chin or nape straps* to prevent the hat from being accidentally bumped

off your head. A **full-brimmed hard hat** (such as the type worn by firefighters) protects against blows to the entire head, neck, and shoulders. A **visored hard hat** (front-brim only) does not protect the sides of the head or the neck and shoulders, but is often used when working in confined spaces.

Bump Caps


Bump caps do not protect against blows to the head or other serious impacts such as falling objects. Made of light-weight plastic, these hats guard against minor bumps only. Bump caps should never be used in place of hard hats. Bump caps are commonly used when working in confined spaces where there are no serious head hazards.

Hair Covers

Hair covers made of breathable fabric or lightweight materials are often required when working around machinery. This type of headwear is usually adjustable (to ensure proper fit) and may have a front visor (to let you know if you

are getting too close to your machine.) Hair covers help prevent hair from becoming caught in moving machine parts.

Using Protective Headwear

Although these are the most common types of protective headwear, your particular job may require that special safety accessories be added to your basic head protector. For example, thermal liners may be required if you work in extremely cold temperatures; lamp brackets may be attached if you work in dark areas; or face shield mounts may be needed if you are also exposed to flying particles. (Note: Face shields alone do not protect against flying particles. Protective eyewear is *also* required.) To keep your protective headwear in top condition, check it before and after each use. Are all straps secure and working properly? Is there any damage to the outer shell? Does it fit correctly? Is it clean? Remember, though, in order for your protective headwear to work, you have to *wear* it. 

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CHOOSING AND USING EYE PROTECTION

Safety Glasses And Goggles

No matter where we work, flying particles, dusts, fumes, vapors or harmful rays are apt to expose us to potential eye injury. Fortunately, we can protect against these hazards by using the appropriate protective eyewear for our jobs and by following our companies' established safety guidelines. The following is a guide to the most common types of protective eyewear and the specific hazards they can guard against.

Safety Glasses

Standard safety glasses look very much like normal glasses, but are designed to protect you against flying particles. Safety glasses have lenses that are impact resistant and frames that are far stronger than regular eyeglasses. Safety glasses must meet the standards of the American National Standards Institute (ANSI). (Safety glasses are also available in prescription form for those persons who need corrective lenses.) Standard safety glasses can be equipped with side shields, cups, or tinted lenses to offer additional protection.

Safety Goggles

Like standard safety glasses, goggles are impact resistant and are available in tinted lenses. Goggles provide a secure shield around the entire eye area to protect against hazards coming from many directions. Safety goggles may have regular or indirect ventilation. (Goggles with indirect ventilation may be required if you are exposed to splash hazards.)

Shields and Helmets

Face shields and helmets are not in themselves protective eyewear. But, they are frequently used in conjunction with eye protectors. Full-face shields are often used when you are exposed to chemicals or heat or glare hazards. Helmets are used when welding or working with molten materials.

Using Protective Eyewear

You can guard against eye injury by making sure that you are wearing the appropriate protective eyewear for the particular eye hazards you face. It's important to



Safety glasses have lenses that are impact resistant and frames that are far stronger than regular eyeglasses.



Goggles provide a secure shield around the entire eye area to protect against hazards coming from many directions.



Face shields and helmets are frequently used in conjunction with eye protectors.

remember that regular glasses alone do not offer protection from eye hazards. Follow your company's established safety procedures, and never hesitate to ask your supervisor if you have any questions about what you can do to protect your sight for life.



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